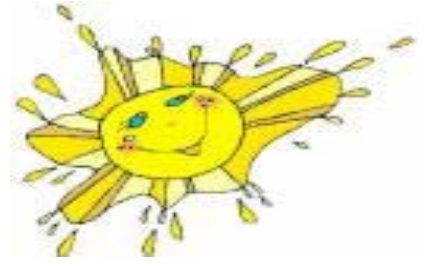


Bright Ideas for Washington State Bright Futures

June 2005



A News Update from the Washington State Bright Futures Project

News from the Washington State Department of Health

The Office of Maternal and Child Health is preparing to submit its five-year needs assessment, a requirement for the Title V Block Grant. Bright Futures is being included as part of a state performance measure to promote best practices in child and adolescent health.

Washington State was recently included in a case study of the national Bright Futures initiative. Evaluators from Health Systems Research, Inc., under contract with MCHB, came to Washington for a week to interview state and local level users of Bright Futures. Thanks to all those who participated, and to everyone who uses Bright Futures to keep children, teens and families healthy.

A Bright Futures in Washington website will be available as part of the DOH website (www.doh.wa.gov) by the end of this summer. It will include information on the many Bright Futures projects going on around the state.

For more information on Bright Futures at DOH, please contact Teresa Cooper at Teresa.Cooper@doh.wa.gov, or 360-236-3530.



**The Center for
Children with
Special Needs at
Children's
Hospital and
Regional Medical
Center, in
Seattle, has
updated their
Child &
Adolescent
Depression and
Anxiety toolkit.
Take another
look at:
[http://cshcn.org/
resources/mental
healthtoolkit.cfm](http://cshcn.org/resources/mentalhealthtoolkit.cfm)**

Now Available!

**Display Bright Futures
at your program events
with our Lending Library of
Bright Futures materials!**

Request a short term
loan of any of the Bright
Futures materials or the
new Washington State
Bright Futures Display
Board.



National Bright Futures Resources Update

⇒ The Bright Futures Center for Collaborative Education in pediatrics and child and adolescent psychiatry has developed a web site, Collaboration Essentials. Its' aim is to foster alliances between pediatric and psychiatric trainees to better care for children with mental health needs. For case studies to encourage problem-based learning in psychosocial developmental aspects of child health, see: <http://collaborationessentials.org/ce/index.html>

June 2005



⇒ **New!** Bright Futures Oral Health Pocket Guide. Oral Health anticipatory guidance in pocket size!! See:
<http://www.brightfutures.org/oralhealth/pdf/BFOHPocketGuide.pdf>

Washington State School Nurses and Mental Health

"There are two ways of spreading light; to be the candle or the mirror that reflects it." Edith Wharton

Twenty-seven school nurses from across Washington State shared with each other ways in which they have learned to be Bright Futures mirrors reflecting the light of their students' assets. In so doing they completed Part Two of the *Bright Futures: School Nurse Mental Health Promotion Instructor Training* May 6, 2005. The nurses reported on the Bright Futures trainings and other Bright Futures implementation activities they completed during the 2004-2005 school year. Forty-two trainings were provided by this dedicated group to over 320 school nurses and over 110 other school district staff across Washington State!



Thank you to the Office of the Superintendent of Public Instruction, the School Nurse Corps Supervisors, the School Nurse Organization of Washington, the Department of Social and Health Services and the Washington Department of Health for a productive and inspiring partnership!

Thoughts about Bright Futures in Mental Health from participating School Nurses:

" I have used the Bright Futures Mental Health Tool Kit a lot – both to screen kids and to track how changes in medications affect their school performance.

" I have found that teaching others has been the best way for me to become familiar with and use the resources."

"The school nurses plan to use the Mental Health Practice Guidebook and Tool Kit in their daily practice with students, families and staff."

" Staff is excited about the possibility of bringing the community together more to address mental health challenges."

" The nurses left the training well armed with ideas and tools to improve their mental health practice in their individual districts."

"Leaving the training with some sort of written Bright Futures plan to take back to their districts was important."

We Welcome Your Stories for this Newsletter!

TO:

- Request items from the Bright Futures Lending Library
- Learn more about the Washington State Bright Futures Project
- Obtain technical assistance or training in the use of Bright Futures materials

Contact:

Jean Myers

jm9@u.washington.edu

OR

Sue Wendel

swendel@u.washington.edu

To Order Bright Futures materials:

- ♦ American Academy of Pediatrics
www.brightfutures.aap.org
Toll-free
888.227.1770
- ♦ Bright Futures Distribution Center
www.brightfutures.org
301.279.8890

Early Childhood

Promoting an Enhanced and Brighter Future in Washington State Early Childhood Care and Education Programs



Eleven pilot sites representing Head Start, Early Head Start, ECEAP, and childcare programs from around Washington State have:

- ♦ Completed two training sessions
- ♦ Developed Bright Futures work plans
- ♦ Begun use of Bright Futures in their programs
- ♦ Begun data collection

The Washington State Department of Health received funding from a federal appropriation to extend and enrich Bright Futures efforts in Washington early childhood programs. This project is designed to determine if application of Bright Futures principles and materials helps to enhance outcomes of existing health promotion systems for children and their families enrolled in Washington State early childhood care and education programs.

We will continue to report our progress and outcomes from the project.

Families of Children with Special Needs



The Washington State Bright Futures project has begun a new partnership with Boyer Children's Clinic in Seattle and Janel Lauer, a Masters student at the University of Washington, School of Public Health. Bright Futures resources will be used to support the Neuromuscular Center's goals to: promote stronger parenting skills, increase parental knowledge of age-appropriate development and behavior, enhance parent coping strategies and improve family management skills. The project will include gathering input from families, and providing Bright Futures resources to families and staff.

New: Guia para las Familias/ Bright Futures for Families!

The **Bright Futures Family Pocket Guide** is now available in **Spanish**.

View or order it from: www.brightfuturesforfamilies.org or www.familyvoices.org. The *Bright Futures Family Pocket Guide* includes:

- ★ How to choose and work with health care providers
- ★ What to expect as your child grows, by ages and stages
- ★ Questions to ask and what to expect at health visits
- ★ Resources – including Spanish resources
- ★ Web sites and tip sheets for families
- ★ Partnership and important roles for families in their children's good health

